

Indiana Goalkeeper Academy

Match Evaluation & Analysis

Goalkeeper Name: Joe Smith Team: ECFC Opponent: NUFC
Date: 4/15/06 Location: Westfield, IN Time: 2:30 Weather: Sunny & Warm

Warm Up Notes:

The warm up did not sufficiently prepare you for match performance for the following reasons:

- There was not enough time given to warming the body up and loosening the muscles. Functional, dynamic movements are preferred rather than static stretching.
- You were stationary before each shot which is not realistic to the game. During the game you will be shuffling and adjusting your position in relation to the ball and therefore your warm up should include moving or shuffling prior to each shot.
- All shots were taken from the top of the box when in reality very few shots in the game come from this spot. Most shots will be from some sort of angle and therefore the shots in the warm up should also be at various angles.
- You were in complete isolation from his team when, in the match, you will be expected to interact and serve as 1/11 of the team. If and when the team plays (such as 7v7 possession, etc.) the goalkeeper should be included to give him the opportunity to make tactical decisions and communicate with his team.

First Half Notes:

ECFC 3 NUFC 0 at Half time

+ good job smothering a through ball (18th minute)

- when the ball is in the other half, you can help direct the build up of attack if you take up a higher position on the field and communicate louder. Too often you were positioned too close to your goal and too far from your teammates. (More on this later)
- in the 27th minute you faced a free kick and asked the team to hold the 18 which was a good command. However, the purpose of holding the 18 is to give you room to win move and win the ball. While they were holding the 18 you were too close to your goal, almost like it was a PK. In this instance you can afford to be off your line a bit to give yourself a head start on any ball sent into the box. You could afford to do this because the kick was taken from far enough away that a direct shot on goal was unlikely.

+ good decision to call off your teammates to win a ball (32)

Second Half Notes:

ECFC 5 NUFC 1 Final

- when returning to the field after half time you should take a couple of minutes to warm your body back up with jogs, skips, and sprints. Your body returns to a calm and cool state during the half time period (even if it feels like it's warm out) and you need to raise your body temperature to perform in the second half.
- poor 1v1 challenge. Because you were not engaged in the game (showing no urgency) prior to the through ball, you were late in arriving for the challenge. When you did arrive (at the same time as the attacker) you went feet first which was a problem for two reasons A) it resulted in injury and B) is presented only a narrow barrier to block the ball and it ended up getting past you anyway, despite your effort and injury. By sliding out horizontal, instead of feet first, you present a bigger barrier with to stop the progress of the ball.
- goal scored (44). Hesitant decision to stay or go cost you. Again, it is difficult to make a proper decision when you are not engaged in the game prior to the shot. It's obvious you need to be engaged when a shot is occurring. However, you show little or no engagement prior to the shot being set up. In other words, any time the ball is within 40 yards of your goal you should be in an urgent state, on the balls of the feet, shoulders slouched forward, and concentrating on the play in front of you.
- shot went just wide (46) Again, with no engagement in the game this quick shot caught you off guard and you were fortunate for it to go just wide of the post. When the ball is within 40 yards of your goal you should be "Alive and Alert."

- + good throw to switch the field for your team(48)
- + you did well to save and hold on to a strong shot (63)
- a header occurred in the box and you did not call "keeper" or "away." You must give your teammates information

Match Summary:

Although your team won 5-1, I think you can look at your individual performance and see a lot of things which need to improve. The one thing for you to improve which will have the greatest benefit is to stay connected and engaged in the game at all times. Whether you have 30 dangerous moments in the game or just 1, it is imperative that you are prepared at all times. This is a bad habit for many, many goalkeepers and it will take your constant attention to make it into a positive habit. This, in turn, will positively impact everything that you do. That is the value of staying connected and engaged.

Technical Considerations:

- + good at catching balls above the waist
- balls below the waist caused consistent problems. The first problem is failing to set, which dooms you for any save. If you set properly, you should be able to save most low balls from your feet. Dropping your one knee to the ground is a problem. Remember how we've trained to widen the feet in order to give the arms room to take the pace off of the ball. By dropping the knee down you make it difficult to take the pace off and make clean saves.

Tactical Considerations:

- In addition to stepping up with your team (when it's in the other half) we need you to stay connected laterally as well. This means if the ball is in the other half and near the left side line, you should be just outside your box and also adjusted to the left side of the field. The simple way of doing this is to stay on your ball line at all times, not just when defending shots. To stay on your ball line, draw a line from the very middle point of your goal line to the ball, wherever it is. If you draw a line between the two, you should be standing directly above the line. Every time the ball moves so does the ball line and therefore you must readjust as well. This will put you in the best starting position all of the team.

Distribution:

- punts are too low and do not go far enough. This is because you allow the ball to drop below the knee of your planted leg before you kick it. Instead, when you release the ball from your hands, try kicking it at or above the knee of your planted leg. This will promote a better swing of your kicking leg and should result in higher, longer punts. Also, if you're right footed, I recommend holding the ball with either both hands or just the left hand. Going right hand to right foot cramps the body and does not promote sound mechanics.

Engagement in the game:

- slow to move up with the team. You understand you need to be at the top of your box when the ball is in the other half. However, you must move there at the same speed as your teammates who are stepping, not at your own leisure.
- + you communicate well when the ball is away from your goal, asking defenders to track players etc.
- you communicate very little, and sometimes not at all, when the ball is near your box. This is a critical time and your teammates need your help and assistance.

Evaluating Coach: Miles Glynn